

Claims

1. A golf training aid for indicating the shoulder
turn during a golf swing comprising attachment
5 means for attaching a support member adjacent to a
shoulder of the golfer, the support member having
shoulder position indicator means projecting
outwardly therefrom and forwardly relative to the
golfer.
- 10 2. A golf training aid according to claim 1, in which
the golf training aid is for indicating the
shoulder turn during the takeaway in the back
swing.
- 15 3. A golf training aid according to claim 1 or claim
2, in which the shoulder position indicator means
comprises an indicator arm.
- 20 4. A golf training aid according to claim 3, in which
the indicator arm is an elongate member.
5. A golf training aid according to claim 3 or claim
4, in which the indicator arm comprises a resilient
25 member.
6. A golf training aid according to any one of claims
3 to 5, in which the indicator arm is arranged to
be substantially perpendicular to the shoulder of
30 the golfer.

7. A golf training aid according to any preceding claim, in which the shoulder position indicator means is adjustably secured to the support member.
- 5 8. A golf training aid according to claim 7, in which the shoulder position indicator means is pivotally secured to the support member.
- 10 9. A golf training aid according to any preceding claims, comprising position retaining means to retain the position of the shoulder position indicator means relative to the support member.
- 15 10. A golf training aid according to claim 9, comprising locking means to lock the position of the shoulder position indicator means relative to the support member.
- 20 11. A golf training aid according to any preceding claim, in which the shoulder position indicator means is connected to the support member through a ball and socket joint.
- 25 12. A golf training aid according to any preceding claim, in which the shoulder position indicator means comprises an indicator member.
- 30 13. A golf training aid according to any preceding claim, in which the shoulder position indicator comprises a first indicator member and a second indicator member.

14. A golf training aid according to claim 13, in which the first indicator member is supported by the indicator arm.
- 5 15. A golf training aid according to claim 13 or claim 14, in which the second indicator member is located adjacent to the shoulder of the golfer.
- 10 16. A golf training aid according to any preceding claim, in which the support member comprises a pad.
17. A golf training aid according to claim 16, in which the pad comprises a flexible pad.
- 15 18. A golf training aid according to claim 16 or claim 17, in which the support member comprises a shoulder pad.
- 20 19. A golf training aid according to any preceding claim, in which the support member locates over the forward shoulder of the golfer relative to the swing.
- 25 20. A golf training aid according to any preceding claim, in which the attachment means comprises a harness mechanism.
- 30 21. A method of indicating the shoulder turn of a golfer during a golf swing comprising securing shoulder position indicator means adjacent to a shoulder of the golfer, in order for the shoulder position indicator means to project outwardly and forwardly relative to the shoulder of the golfer.

22. A method according to claim 21, in which the method indicates the shoulder turn during the takeaway in the back swing.

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23. A method according to claim 21 or claim 22, in which the method comprises moving the shoulder position indicator means to be substantially perpendicular to the shoulder of the golfer in at least a horizontal plane.

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24. A method according to any one of claims 21 to 23, in which the method comprises securing the shoulder position indicator means to a golfer through a harness mechanism

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25. A golf training aid substantially as hereinbefore described, with reference to, and as shown in any of Figures 2 to 5.

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26. A method of indicating the shoulder turn of a golfer during a golf swing substantially as hereinbefore described, with reference to, and as shown in any of Figures 2 to 5.

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